



# Perform at Your Best

## Wellness

### The What

Feeling vital and performing at your best requires a constellation of skills and commitments that need to be continuously practiced and refined.

Learn the skills required to optimize your personal and emotional health from Dr. Dorian Dugmore and Dr. Geetu Bharwaney, two leading experts in the fields of personal health and emotional resilience, respectively.

Assess your capability to manage your emotions and effectively manage challenging situations by taking the **Personal Performance Survey**. In addition, learn how to take a step back from the demands of your personal and professional life and consider your long-term aspirations and the legacy you want to build via the Living Legacy Facilitated Reflection Process.

### Have you ever felt...

- Overwhelmed by the stresses of work and life?
- That you are lacking a vision for the future?
- Difficulty bouncing back from setbacks and challenges?

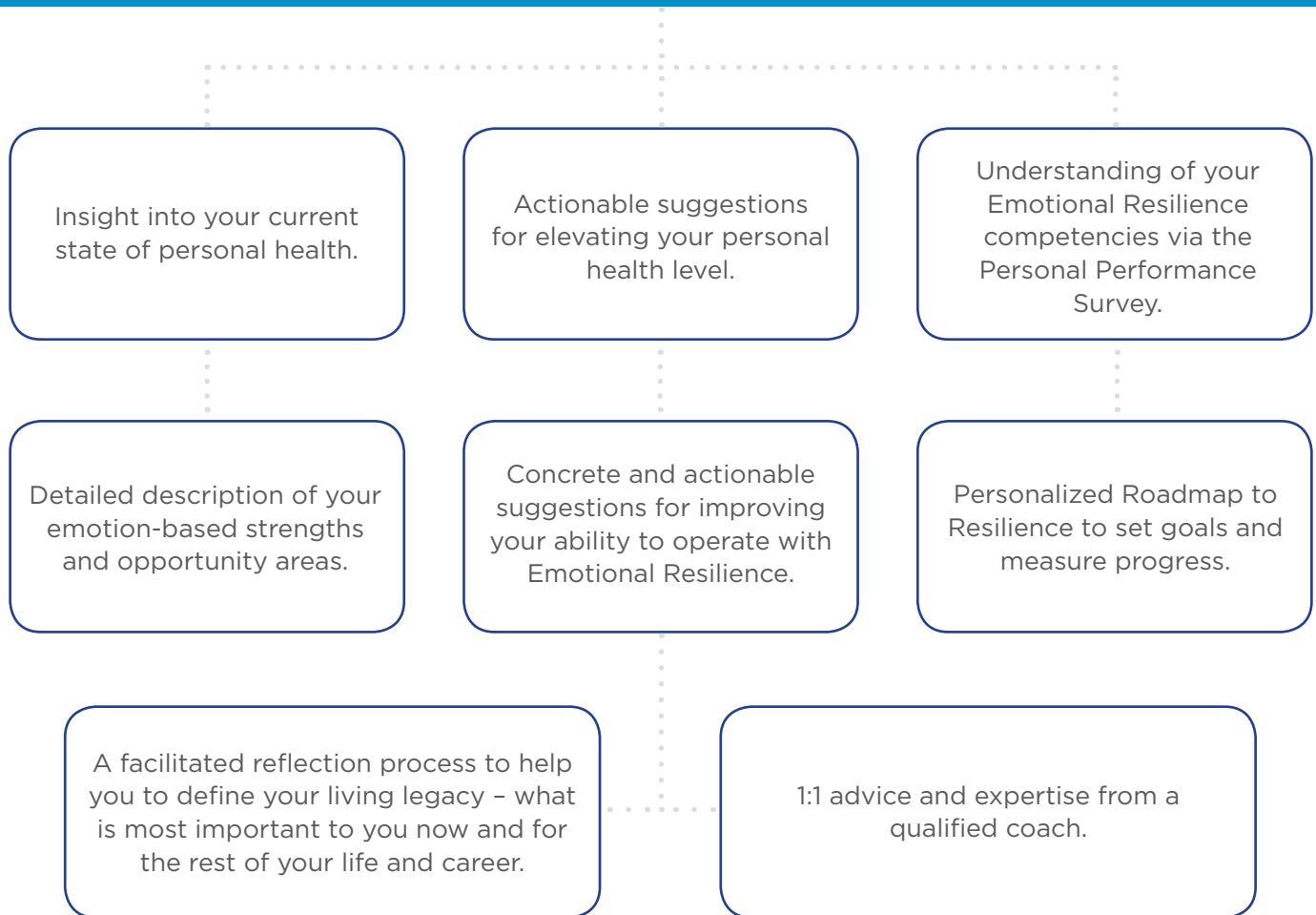
### The Tools

**The Personal Performance Survey (PPS)** is a psychometric assessment that provides deep insights into an individual's Emotional Resilience, the ability to bounce back from life's challenges and setbacks.

Your Living Legacy is a guided reflection process that will help you identify what is most important to you now and for the rest of your life and leadership career. A single page output will cover your **physical, social, spiritual, financial, intellectual and career aspirations**.

# At a glance

The Ei World **‘Perform at your Best’** Package will help you live your best life by providing:



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Perform at your best to live your best life.